

# Infection Prevention during Blood Glucose Monitoring and Insulin Administration

Infections associated with blood glucose monitoring have been identified with increasing regularity, particularly in long-term care settings, such as nursing homes, assisted living and basic care facilities, where residents often require help with monitoring of blood glucose levels and/or insulin administration. Health care providers assisting in these types of activities should always follow best practices.



## Fingerstick Devices

- Restrict use of fingerstick devices to individual persons. They should **never** be used for more than one person. Select single-use lancets that permanently retract upon puncture. This adds an extra layer of safety for the patient and the provider.
- Dispose of used lancets at the point of use in an approved sharps container. **Never** reuse lancets.

## Blood Glucose Meters

- Whenever possible, blood glucose meters should be assigned to an individual person and **not** shared.
  - If blood glucose meters must be shared, the device should be **cleaned and disinfected after every use**, per manufacturer's instructions, to prevent carry-over of blood and infectious agents. If the manufacturer does not specify how the device should be cleaned and disinfected, then it should not be shared.

## General

- Unused supplies and medications should be maintained in clean areas separate from used supplies and equipment (e.g., glucose meters).
- **Do not** carry supplies and medications in pockets.

## Insulin Administration

- Insulin pens should be assigned to individual persons and labeled appropriately. They should **never** be used for more than one person.

## Hand Hygiene

- Perform hand hygiene before touching a resident and before putting on gloves.
- Wear gloves during blood glucose monitoring and during any other procedure that involves potential exposure to blood or body fluids.
- Change gloves between resident contacts. Change gloves that have touched potentially blood-contaminated objects or fingerstick wounds before touching clean surfaces. Discard gloves in appropriate receptacles.
- Perform hand hygiene immediately after removal of gloves and before touching other medical supplies intended for use on other persons.

For more information on Infection Prevention during Blood Glucose Monitoring and Insulin Administration, go to <https://www.cdc.gov/injectionsafety/blood-glucose-monitoring.html>